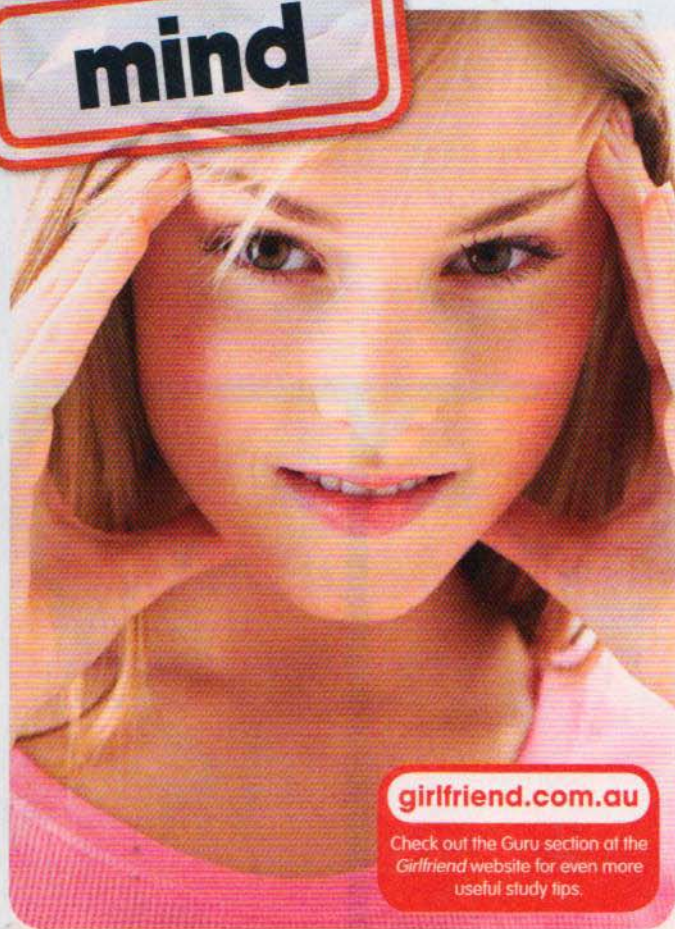


mind



girlfriend.com.au

Check out the Guru section of the Girlfriend website for even more useful study tips.

Organic Love!

Forget the boring everyday juices (no offence apple and orange, but you just don't surprise us anymore!) and get hooked on Parker's Organic Juices. They have a great way of combining the healthiest fruits and veggies to create amazing sparkling juices that you can enjoy for the perfect pick-me-up! They're great as a morning breakfast juice, a mid-afternoon energy reviver, or at any other time of the day! P.S. They taste even better when they are super cold!

RRP \$3.50. Log on to parkersorganic.com.au for stockist details. We've tried all flavours and at the moment GF's fave is apple with a twist of lime! Delish!



Girlfriend Profile

Name: Anne

Age: 16

Lives: Armidale, NSW

What helps you concentrate

around exam time? If I'm having trouble concentrating I eat a piece of fruit and put on some relaxing music. It always helps me study!



83%



OF READERS FEEL THEY ARE MOST STRESSED OUT AROUND EXAM TIME!

Study Savers

Studying is something we all have to endure at some stage of our schooling lives, however trying to program your brain into study mode is never easy. So why not try these foolproof ways to help get your head in the game...

RECORD YOUR VOICE ON A DICTAPHONE: Sounds strange but if you can memorise the lyrics to Kanye, you can memorise your study notes. Read out and record your notes on a recording device. Listen to your notes on the way to school or before bed. You'll be surprised how much you'll remember!

PUT WORDS INTO PICTURES: When studying subjects like geography, history, or even a language, drawing pictures can be a useful tool in helping to remember important events, definitions, etc. Associating a word with a particular image will help you cement it in your mind!

TIDY YOUR SURROUNDINGS: Make sure your study environment is comfortable. If it's too cold get a heater to keep you warm, likewise make sure you're not studying in an area that's too warm! A warm, stuffy environment can cause headaches and make you sleepy. Also tidy up your study area – your brain will thank you for removing the clutter and in turn will allow you to retain a free flow of information.

